

May 2013-Fitness Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<i>(If available links to websites are included- in blue)</i>			1 <i>Walkin' Wednesday</i> Bike Walk Helena Commuter Challenge <i>begins!</i>	2 <i>Wellness Support Meeting-Rm 426</i> <i>Hike the Hills</i>	3 <i>Healthy Lunch Day</i>	4
5	6 <i>Healthy Snack Day</i> <i>Centennial Park Walk</i> Submit weekly totals	7 <i>Take Stairs Tuesday</i> <i>Water Aerobics</i>	8 <i>Walkin' Wednesday</i>	9 <i>Wellness Support Meeting-Rm 426</i> <i>Hike the Hills</i>	10 <i>Healthy Lunch Day</i>	11 Don't Fence Me In Trail Run/Walk Walk MS
12	13 <i>Healthy Snack Day</i> <i>Centennial Park Walk</i> Submit weekly totals	14 <i>Take Stairs Tuesday</i>	15 <i>Walkin' Wednesday</i>	16 <i>Wellness Support Meeting-Rm 426</i> <i>Hike the Hills</i>	17 <i>Healthy Lunch Day</i>	18 Race For the Cure
19	20 <i>Healthy Snack Day</i> <i>Centennial Park Walk</i> Submit weekly totals	21 <i>Take Stairs Tuesday</i>	22 <i>Walkin' Wednesday</i>	23 <i>Wellness Support Meeting-Rm 426</i> <i>Hike the Hills</i>	24 <i>Healthy Lunch Day</i>	25
26	27 <i>Healthy Snack Day</i> <i>Centennial Park Walk</i> Submit weekly totals	28 <i>Take Stairs Tuesday</i>	29 <i>Walkin' Wednesday</i>	30 <i>Wellness Support Meeting-Rm 426</i> <i>Hike the Hills</i>	31 <i>Healthy Lunch Day</i>	<i>Bike Walk Helena Commuter Challenge begins May 1!</i>